

Kingstowne Center for Active Adults

6488 Landsdowne Center Alexandria, VA 22315



Operating Hours: Monday - Friday 9 a.m. to 4 p.m.
Telephone: 703-339-7676, TTY 711

www.fairfaxcounty.gov/ncs

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

March 2016

Programs			
Program	When	Time	Description
Open Gym	Monday - Friday	9 a.m.	
Internet Café	Monday - Friday	9 a.m.	
Zumba Gold	Wednesday	9:15 a.m.	If you are looking for a fun exercise class, this one is for you. This is a high energy Latin inspired dance fitness class. Class fee.
Yoga	Tuesday and Thursday	9:15 a.m.	This class uses breathing techniques and principles of Hatha Yoga to move through standing and floor postures to improve circulation, flexibility, stamina, balance and coordination. Appropriate for individuals who can stand and get up and down from the floor easily. Class fee.
Conversational French club	Wednesday	10:30 a.m.	
Conversational Spanish Club	Wednesday	11:30 a.m.	
Line Dancing Club	Monday	7 p.m.	
Intermediate Line Dancing	Friday	10:15 a.m.	Class fee
Jazzercise Lite	Monday	11:30 a.m.	This 45 minute class combines moderate aerobics with exercises designed to improve your strength, balance and flexibility.
Beginner Integral Tai Chi	Thursday	10:30 a.m.	
Integral Tai Chi	Tuesday	2 p.m.	This class teaches QiGong and Chi Kung stretches and exercises. A traditional "Tai Chi Form" is also performed. Tai Chi is a non-impact form of exercise that improves the practitioner's flexibility, balance, stamina and has been shown to keep one's health issues under control.
Tai Chi at KCAA &KL	Thursday	10:30 a.m.	This class teaches QiGong and Chi Kung stretches and exercises. A traditional "Tai Chi Form" is also performed. Tai Chi is a non-impact form of exercise that improves the practitioner's flexibility, balance, stamina and has been shown to keep one's health issues under control.
Chair Jazzercise	Monday	10:30 a.m.	This is a 55 min. class combines moderate chair aerobics with exercises designed to improve your strength, balance and flexibility. The routines are mixed with seated and standing moves using chair for balance, if needed.
Healthy Heart	Tuesday/Thursday	9:10 a.m.	At the Franconia Moose Lodge. Is an hour long moderate to vigorous workout that incorporates a variety of aerobic moves to increase cardio-vascular fitness, increase muscular strength and endurance, and improve flexibility. Comfortable clothing, sturdy fitness shoes and water bottle are recommended.
KGB Gamers' Club	Thursday	9 a.m.	
Scrabble Gamers Club	Thursday	2:30 p.m.	
Total body Workout	Monday	9:15 a.m.	Class fee.
Chair Yoga	Friday	11:15 a.m.	
Mahjong Club	Tuesday/Thursday	11:30 a.m./12:30 p.m.	Similar to the Western card game rummy, mahjong is a game of skill, strategy and calculation and involves a certain degree of chance.
Mat Pilates Core & More	Friday	9:15 a.m.	Class fee.
Piano Lessons	Tuesday/Friday	2:30 p.m./2:15 p.m.	Class fee.
Sunshine Store Open	Friday	9 a.m.	All new or clean and in season garments are welcome as well as other household items in good condition.
Bingo	Friday	12:30 p.m.	Designed by the Arthritis foundation, it provides gentle exercise movements that will help overcome pain. Class fee.
Chair & Beyond-Zumba Gold	Wednesday	10:30 a.m.	Class fee.
Move to the Beat	Wednesday	12:30 p.m.	
Balance and Strength	Tuesday	10:30 a.m.	This class is designed to improve one's balance and muscle tone by combining traditional weight work with balance skills, such as standing on one leg, gait pattern variations, seated resist-a-ball exercises and center of gravity work included.
Yoga Flow	Monday	2 p.m.	
KCAA Jam Session	Wednesday	2 p.m.	informal jam sessions to sit back, dust that instrument off and play some informal music. Bring your own instrument.
Ballroom Dancing	Wednesday	Noon	
Classes			
Class	When	Time	Description
FallProof series	Thursday	1 p.m.	
Conversational Italian	Tuesday	11 a.m.	
Intermediate Spanish Class	Monday	11:30 a.m.	
Art Class	Monday	12:30 p.m.	At Kingstowne Library. Class fee.
Bridge Class	Friday	2:30 p.m.	
Open Bridge Play	Friday	1 p.m.	
One on One Computer tutoring	Wednesday	9 a.m.	
Conversational English class	Wednesday	12:30 p.m.	Registration required.

Computer Clubhouse	Monday	1 p.m.	
iClassiphoneiPad	Monday	9:30 a.m.	Registration required.
Smart Phone and PC Help	Tuesday	3 p.m.	drop-in basis
Beginner Belly Dancing	Thursday	2 p.m.	Class will be taught every Thursday starting on March 5 at 2:00 p.m. Use muscles you didn't know you had, and stretch in directions you don't normally go, strengthening, improving balance and having fun at the same time.
Snappy Tappers dance group	Thursday	3 p.m.	
NEW- Fit for Life	Tuesday	12:30 p.m.	
NEW - painting class	Thursday	10 a.m.	
Special Events/Trips			
Event/Trip	When	Time	Description
Toby's Dinner Theatre-Kingstowne	3/2/2016	10:15 a.m.	Trip of necessity. Reservations required.
Springfield Plaza	3/9/2016	10:15 a.m.	Trip of necessity. Reservations required.
Gunston plaza	3/16/2016	10:15 a.m.	Trip of necessity. Reservations required.
Target-Springfield	3/23/2016	10:15 a.m.	Trip of necessity. Reservations required.
Hibachi Grill	3/30/2016	10 a.m.	reservations required
Hinsmatsuri Doll Program	3/3/2016	12:30 p.m.	Hinsmatsuri which is also called Doll's Day or Girl's Day in Japan. It is celebrated on March 3 of each year. The custom of displaying these dolls began during the Heian period. Formerly, people believed the dolls possessed the power to contain bad spirits.
Game Night	3/18/2016	2:30 p.m.	Bring a dish to share, and you won't go home hungry; Hope to see you here!
History Club	3/10 and 3/24	12:30 p.m.	
Caregiver's group	3/7/2016	2 p.m.	
Kingstowne Toasties	3/3, 3/17 and 3/31	6:30 p.m.	
Book Club	3/9/2016	2 p.m.	
Blood Pressure Check	3/10 and 3/24	Noon	
Woodlawn Plantation	3/24/2016	10:15 a.m.	A historic home located in Fairfax County and was originally part of Mount Vernon, George Washington's historic plantation estate. Construction of the house began in 1800 and was finished in 1805. Today, 126 acres containing the original house and surrounding gardens are all that remain of the original plantation. It was listed on the National Register of Historic Places in 1970 and designated a U.S. National Historic Landmark in 1998. During the month of March one of America's oldest and largest needlework exhibitions is held at Woodlawn. While the exhibition is open, lunch is served by Nelly's Needlers in the Tea Room. Space is limited so don't delay in signing up.
Arundel Mills Mall	3/15/2016	12:30 p.m.	Fieldtrip. Reservations required
FCFD speaker	3/8/2016	12:25 p.m.	The Fire Department is putting a great deal of emphasis on home safety for seniors. Please come with any questions you may have
Harp Music	3/21/2016	10 a.m.	With Chris Van Dyke
St. Patrick's Day bingo	3/18/2016	12:30 p.m.	
Fitness and Nutrition Class	3/15/2016	12:30 p.m.	
Traveler's Club meeting	3/16/2016	2:30 p.m.	Travelers' Club Q&A regarding Past - Present - & Future trips. Travelers' Club trips, Center trips, Charter bus trips, Fastran trips and Trolley trips will be discussed. Bring your questions. Meet Mary G., Mary H. and Beulah W. as they begin volunteering with the Travelers' Club.
March Birthday Celebration	3/25/2016	Noon	
Community Meetings			
Meeting	When	Time	Description
KCAA- Art Group	3/10 and 3/25	7:30 p.m.	
Landsdowne Meeting HOA	3/16/2016	6:30 p.m.	